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TOURISM BOOM {page 14}



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IN NEW FILM {page 11}



LONDON

metro 

Wednesday, October 26, 2011
www.metronews.ca



News worth sharing.



► Puanani Brown, a member of the corps de ballet of the American Ballet Theatre, poses with Edgar Degas' sculpture "Petite danseuse de quatorze ans" — or "Little dancer of 14 years" — at Christie's auction house in New York yesterday.

RICHARD DREW/THE ASSOCIATED PRESS

Ballet dancer sculpture worth up to \$35M

The bronze piece is signed and numbered, with a muslin skirt and satin hair ribbon. It's estimated at \$25 million to \$35 million US, and will be offered during Christie's Impressionist and Modern Evening Sale on Nov. 1.

Helpful haunts to hit streets

► Students ramping up for Halloween food haul ► Nationwide goal is \$550K in goods



ANGELA MULLINS
@METRONEWS.CA

Who says trick-or-treating is just for kids?

UWO and Fanshawe are out to prove you're never too old to have fun and do a little good in the process.

Hundreds of the schools' students will hit the pavement on Halloween, dressed in the best costumes they can muster and collecting items for food banks instead of candy.

The effort is part of a nationwide food drive dubbed Trick-or-Eat. The drive, now in its 11th year, is organized by Toronto-based Meal Exchange, a charity that aims to get youth involved in fighting hunger.

Fanshawe is participating for the first time this year after Emma Newman, the student union's vice-president of entertainment, heard about the project via email.

Newman has gotten commitments from about 35 people who plan to collect food throughout college buildings and residences.

"Since it is our first year, we're kind of focusing it (on campus) ... before we go fully out in the com-

To learn more

- Children make up 37 per cent of those who use food banks each month: Meal Exchange.
- To find out more about the Trick-or-Eat campaign in your area or to make a donation visit trickoreat.ca

munity," said Newman, 21. "I think it's really neat just to take something people already do on Halloween ... and do it for a good cause."

The donations will be divided between the Youth Opportunities Unlimited food bank and Fanshawe's Sharing Shop.

Items collected by Western students will go to the London Food Bank, said Dave Kranenburg, Meal Exchange's executive director.

The university's Meal Exchange chapter has been involved with Trick-or-Eat since 2006.

Last year, about 550 students participated, making UWO the second-largest contingent of all Canadian campuses, Kranenburg said.

Nationwide, students are leading 90 campaigns this year — up from last year's 73.



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Power plant generates heat for Liberals

The Opposition is demanding to know why construction is continuing on a Mississauga power plant that the Liberal government promised to shut down just before the Oct. 6 election.

Progressive Conservative leader Tim Hudak says crews have delivered the huge generator to the site of the Mississauga generating station that was supposed to be shut down.

Premier Dalton McGuinty reversed his position in the middle of the election campaign and announced the plant would be built elsewhere, but Hudak says he always doubted that commitment.

The Tory leader wonders if McGuinty is breaking a campaign promise less than three weeks after election day.



► Chris Bentley

government will find another location for the plant, but he was not available to explain why construction is continuing.

Hudak and NDP Leader Andrea Horwath say they're worried about how much taxpayers will have to pay for cancelling the Mississauga gas plant and another one in Oakville, both in Liberal-held ridings.

THE CANADIAN PRESS

Om. Nom nom nom



► Drew Bennett, 5, of London hops aboard a moon rover with Cookie Monster yesterday at the Children's Museum.

ANGELA MULLINS/METRO

Over the moon at joining Cookie Monster in space

Drew Bennett was one of hundreds of children who got some face time with Cookie Monster and Elmo during their museum visit. The monsters were in town for today's Sesame Street Live performances at the John Labatt Centre. For details on the show, visit johnlabattcentre.com.

Go environmental — tell city what you think online

► Roundt@ble launched Oct. 12 with about 220 participants ► Goal is 1,000 ► Forum for people to share 'This is what it's all about to me': City



ANGELA MULLINS
@METRONWS.CA

If you're the kind of person who hates public meetings and can't stand the idea of being in the limelight, the city has a spot just for you.

Called the Roundt@ble, city hall's online forum about the environment is up, running and ready for your input.

One of the key goals of the project — accessible

at London.ca/roundtable — is reaching out to people who typically don't get engaged in environmental issues and getting their take on everything from reducing carbon emissions to limiting water pollution, said Jay Stanford, the city's director of environmental programs.

People who sign up for the roundtable will be asked to weigh in on a pair of questions monthly. Some of the questions

"We're hoping that (sharing the information) triggers folks to do more for the environment or provide further commentary."

JAY STANFORD, LONDON'S DIRECTOR OF ENVIRONMENTAL PROGRAMS

are general in nature, while others are more pointed — like asking

people what steps they've taken to reduce their hydro bills.

The responses will be analyzed by a local polling company, and the information will be shared with other participants.

The data also will be incorporated into the Ret-think Energy London initiative, a long-term project that's expected to lead to the development of sustainable energy plans for businesses and the community at large.

1 news



The Ontario Tories may be doing the Liberal government a big favour by allowing one of its MPPs to run for Speaker. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca



Rescuers in Turkey pull a living, breathing newborn baby from the rubble. Video at metronews.ca

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Funny guy means serious business

► Comedy club owner has been running local competitions ► Now taking bigger role in local scene



ANGELA MULLINS
@METRONWS.CA

Long before it started physically taking shape at 368 Richmond St., getting Big League Comedy off the ground was Ben Clements' passion.

"I always had this idea of 'Why can't I book acts?'" the 31-year-old said about his thoughts as he made his rounds on the local comedy circuit.

Even the club's logo — similar to the MLB logo but with a microphone instead of a ball player in the centre — gets its roots in Clements' past.

"When I was 15, I drew that on my bedroom wall," he said.

Now, Clements, a former soldier who decided to try comedy full time after leaving the Army in 2009, is getting ready to open the doors on his dream. Big League Comedy will make its official debut Nov. 1.

"We want to be the face of comedy in London."

BEN CLEMENTS, 31, BIG LEAGUE COMEDY OWNER

"At this point, we feel like the pieces are starting to fall into the puzzle," Clements said.

Aside from fulfilling part of his professional vision, Clements hopes the new business can help with the revitalization of downtown. He's given his new space — the former Exhale Lounge — an overall spruce-up since taking over the lease Oct. 1 and wants the venue to become a big draw for the King Street corridor.

One of the most important things people should know about Big League, Clements said, is that it will always be fun.

That means you're likely to see a funny magic show if you stop in for a lunch-hour sandwich, roving street performers promot-



► Ben Clements, 31, of London, poses for a photo yesterday outside Big League Comedy, the club he's opening at 368 Richmond St. Clements, along with his friends and family, have spent the past several weeks cleaning up and renovating the old Exhale Lounge with plans to officially swing Big League's doors open on Nov. 1. The club will feature a wide-array of comedy and other shows.

ing the club on nearby sidewalks and a chance to show off your own comedy skit at a Speakers' Corner

type booth at the door.

Funny business aside, Clements also plans to open Big League up to oth-

er artists via karaoke competitions and weekly open mic nights.

"This is a place for

artists of all types," Clements said. "Poetry, music ... this is just a little spot to harness all of that."

Mayor's honeymoon over, new poll suggests

A new poll released on the first anniversary of Joe Fontana's election win suggests the honeymoon with London voters is over.

According to Forum Research, only 39 per cent of respondents said they would vote for Fontana if an election was held today.

The poll did not get into specifics with respect to the reasons for

Fontana's dwindling support.

The former Liberal MP took 47.3 per cent of the vote Oct. 25, 2010, when he ended Anne Marie DeCicco-Best's 10-year reign as London's longest-serving mayor.

On the question of "In the next municipal election, will you be voting for current mayor or will you be voting for someone else?" only three oth-



► Joe Fontana

er mayors out of 15 cities surveyed had a worse score than Fontana.

The Forum Research poll didn't clarify if the 61 per cent of Londoners who said they would not vote for Fontana had a preferred alternative candidate or if that percentage was divided among several candidates.

The survey did contain some positive news for Fontana.

Approval rating

► Mississauga Mayor Hazel McCallion had the highest approval rating at 78 per cent while Montreal Mayor Gerard Tremblay had the lowest at 32.

► Toronto Mayor Rob Ford's approval rating has dwindled in every Forum poll since the beginning of this year, falling from 60 per cent in February to 37 in this latest survey.

► More than 400 people in London were surveyed.

The poll found Fontana's approval rating was 61 per cent, ranking him seventh among big

city mayors. The average approval rating was 56 per cent.

AM980/AM980.CA

More options during cervical cancer week

During Cervical Cancer Awareness Week, several clinics across the southwest region are offering additional Pap test clinics for women who have difficulty accessing cervical

screening sites. To find out which clinics are available, visit FMWC.ca or call the Canadian Cancer Society's Cancer information service at 1-888-939-3333.

● METRO

Knights on Team OHL

London Knights defenceman Scott Harrington and right-winger Seth Griffith have been named to Team OHL for the first Ontario Hockey League stop in the 2011 Subway Super Series. The Nov. 10 game will



take place in Ottawa against Team Russia. ● METRO

Get involved with Block Parent day

Today is Block Parent's National Red and White Day, and your company, organization or school is invited to participate. For a small donation to the London Block Parent program,

your group can participate in Dress in Red and White Day. Participants can download a corporate or school package from london.ca/blockparent.

● METRO

Bill targets gun-registry records

► RCMP has found registration a useful tool for police ► Liberal MP accuses Tories of ignoring common sense

Records of the shotguns and rifles owned by Canadians would be destroyed under legislation introduced yesterday to scrap the long-gun registry — preventing provincial or future federal governments from making use of the information.

The majority Conservative government unfurled a long-promised bill yesterday to scrap the registration of long guns and permanently delete more than seven million files on gun ownership.

Police, health and victims' groups immediately voiced their opposition, while anglers and hunters welcomed plans for the registry's demise.

The Tories argue the registration of long guns is wasteful and unneces-

"No law can prevent all tragedies. But a gun-control law, which includes registration and is rigorously implemented, makes it harder — not easier — for dangerous people to get firearms."

ACTIVIST PRISCILLA DE VILLIERS, WHOSE DAUGHTER, NINA, WAS ABDUCTED AND KILLED WITH A LEGALLY-OWNED RIFLE

sary, although they support the licensing of gun owners and the registration of prohibited and restricted weapons like handguns.

"We don't want laws that target law-abiding citizens, hunters and sports shooters. We want laws that focus on the criminal and those who use firearms illegally," said Public Safety Minister Vic Toews, who joined Conservative colleagues in announcing

the bill at a farm near Ottawa.

Toews has said that the more than \$1 billion spent on the registry would have been better spent putting police officers on the street.

There are hints that some provinces — namely Quebec and Ontario — might begin registering long guns if the federal legislation succeeds. But they would have to start from scratch.

THE CANADIAN PRESS



► Patrick Deegan, a senior range officer at the Shooting Edge, looks through the scope of a rifle at the store in Calgary.

Video of bodies shown in honour-killings trial

Jurors at a so-called honour-killings trial in Kingston were shown underwater video yesterday of the bodies of three teenage sisters and a relative submerged in a car in an eastern Ontario canal.

A police camera captured the footage of the bodies of the Montreal residents in a Nissan Sentra in the Kingston Mills locks two years ago.

The Crown has alleged Zainab, 19, Sahar, 17, and Geeti Shafia, 13, were killed along with their father's first wife, Rona Amir Mohammad, 52, in a crash staged to look like an accident.



► Mohammad Shafia walks in front of his son, Hamed, as they are escorted to the courtroom at the Frontenac County Courthouse on Oct. 20.

The teens' parents — Mohammad Shafia, 58, and Tooba Mohammad Yahya, 41, and their brother, Hamed, 20, are each charged with four counts

of first-degree murder in the deaths. Const. Glenn Newell also said it appeared the victims hadn't tried to get out of the vehicle. THE CANADIAN PRESS

News in brief

JEREMY NOLAIS/METRO



Schools ban spooky costumes

CALGARY. Leave your blood, guts and fangs at home kids.

At least that's the message at two Calgary public schools where staff are banning spooky Halloween costumes in favour of "caring" alternatives.

"I think it's sad that one more holiday in the traditional calendar has been stripped of what it used to mean," said Mike de Boer, parent council chair at Colonel Walker school which is introducing the new rules in time for this year's festivities.

"Everything is just getting so inoculated against possibly offending or hurting somebody that

nothing really means anything anymore." Ram-say school has also introduced the costume policy. "It's pretty weak," agreed fellow father Mike Bishop, whose son wanted to come to school as a zombie.

● METRO

App to help Occupy activists

NEW YORK. Occupy Wall Street protesters now have a free app to alert others if they're about to be arrested.

The Daily News says the creator of the "I'm Getting Arrested" app is Jason Van Anden, a Brooklyn software developer. It's available at Android Market.

THE ASSOCIATED PRESS

Mechanic wins \$50M jackpot

TORONTO. It'll make the retirement a lot easier.

A 73-year-old mechanic, Franco Varone, from Woodbridge, Ont., who retired just a month ago is the winner of the \$50-million jackpot from the Oct. 7 Lotto Max draw.

THE CANADIAN PRESS

California riot police raid Occupy camp

Oakland police say they arrested 75 people while clearing an anti-Wall Street protest in front of City Hall that had grown into an encampment with dozens of tents.

Most of the people arrested were taken into custody on suspicion of misdemeanour illegal lodging, as police raided the encampment around 5 a.m. yesterday.

Interim Oakland Police Chief Howard Jordan said at a news conference later in the morning that police had fired beanbag rounds and tear gas, but no one was injured.

Television news footage showed protesters being taken away in plastic cuffs without incident.

THE ASSOCIATED PRESS

Canadian WWI soldier laid to rest

The remains of a Canadian soldier who died near the end of the First World War was buried yesterday in France.

The remains of Private Alexander Johnston, of Hamilton, were discovered in France in 2008, but were only identified in March thanks to DNA testing.

The Defence Department says Johnston — a member of the 78th Battalion (Winnipeg

Grenadiers) — was killed during battle in Raillencourt Saint-Orle.

He died on Sept. 29, 1918 — less than two months before the armistice.

Johnston's relatives attended the burial with full military honours.

THE CANADIAN PRESS

170

Police said hundreds of officers and sheriff's deputies from more than 12 agencies moved in on about 170 protesters.

► A boy on a camel rides past a sand sculpture of former Libyan leader Moammar Gadhafi at the golden sea beach of Puri, 65 kilometres from the eastern India capital city of Bhubaneswar, yesterday.



BISWARANIAN ROUT/THE ASSOCIATED PRESS

Gadhafi burial out of sight, not out of mind

► International pressure persists to investigate the late dictator's death

Flamboyant and grandiose in life, Moammar Gadhafi was buried in secrecy and anonymity, laid to rest in an unmarked grave before dawn in the Libyan desert that was home to his Bedouin tribal ancestors.

The burial ended the gruesome spectacle of Gadhafi's decaying corpse on public display in Misrata warehouse after he was killed in his hometown of Sirte on Oct. 20.

The location of the brutal dictator's grave site was not disclosed by the interim government for fear of vandalism by his foes and veneration by his die-hard supporters.

Gadhafi, 69, was buried yesterday along with his

son, Muatassim and former Defence Minister Abu Bakr Younis. Libya's new leaders hope the funeral will allow the country to turn the page on the four-decade Gadhafi era and the bloody eight-month rebellion against him. Still, the book cannot be closed completely, with unanswered questions remaining about his slaying, and his son and one-time heir apparent, Seif al-Islam, still at large.

The National Transitional Council issued a statement late yesterday saying they "disapprove" of any prisoner being hurt, let alone killed. It was the first time the new leadership spoke out against Gadhafi's killing. **THE ASSOCIATED PRESS**

Before burial

- The bodies of Gadhafi, Muatassim and Younis had been kept in a refrigerated produce locker in a warehouse area of Misrata.
- Hundreds lined up to view the corpses, some from hundreds of miles away.
- The bodies were taken to a school where suspected Gadhafi loyalists are held.
- Early Tuesday, Mohammed al-Madani and another detained cleric were ordered to pray over the three bodies, which were wrapped, faces covered.
- A Gadhafi nephew and two sons of Abu Bakr also participated in the prayer.
- The bodies were then put in coffins, handed over to the authorities and driven to another location for burial.

Tsunami debris heading for West Coast: Scientists

Up to 20 million tonnes of tsunami debris floating from Japan could arrive on British Columbia's shores by 2014, according to estimates by University of Hawaii scientists.

A Russian training ship spotted the junk — including a refrigerator, a television set and other appliances — in the Pacific Ocean where scientists predicted it would be.

The biggest proof that the debris is from the Japanese tsunami is a fishing boat that's been traced to the Fukushima Prefecture, the area hardest hit by the March 11 disaster.

Jan Hafner, a scientific programmer, said yesterday that researchers' projections show the debris would reach Hawaii's shores by early 2013, before reaching the West Coast.

They estimate the debris field is spread out across an area that's roughly 3,200

kilometres long and 1,600 kilometres wide located between Japan and Midway Atoll, where pieces could wash up in January.

Just how much has already sunk and what portion is still floating is unknown.

"It's a common misconception it's like one mat that you could walk on," he said.

Hafner and the principal researcher in the project, oceanographer Nikolai Maximenko, have been researching surface ocean currents since 2009. When the Japan earthquake and tsunami struck, they applied their research to the rubble sucked into the Pacific Ocean from Japan.

They used computer models to track its path, but until the Russian ship STS Pallada sailing from Honolulu contacted them last month, they had no direct observation of the mas-

3,200km
They estimate the debris field is spread out across an area that's roughly 3,200 kilometres long and 1,600 kilometres wide located between Japan and Midway Atoll, where pieces could wash up in January.

sive debris field.

"From a scientific point of view, it was confirmation that our research was doing something right," Hafner said. "It was big news for us. But it was mixed feelings because you can't be excited about something as tragic as a tsunami."

The magnitude-9.0 earthquake produced the sort of devastation Japan hadn't seen since the Second World War, leaving more than 21,000 dead or injured. **THE ASSOCIATED PRESS**

Flooding breaches Thai airport

Advancing floodwaters in Thailand breached barriers protecting Bangkok's second airport yesterday, halting commercial flights at a complex that also houses flood relief headquarters and thousands of displaced people. It is one of the biggest blows yet to efforts to prevent the capital from being swamped.

THE ASSOCIATED PRESS

Kaiabi tribe releases hostages

Brazilian authorities say Kaiabi Indians have released seven people held hostage for five days to oppose dam construction. The Justice Ministry says five Indian affairs agency employees and two electric company workers, released Sunday, are in good condition. The tribe says the dam will harm its fishing and sacred sites.

THE ASSOCIATED PRESS

Explosion kills one, injures 14

Swiss police say one person has died and 14 are injured after an explosion at an apartment block in the city of Yverdon-les-Bains. A police spokesman says the blast occurred shortly after 1:30 p.m. yesterday on the fourth floor of a residential building. Police are still trying to determine the cause of the explosion.

THE ASSOCIATED PRESS

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Maria Contreras

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save, consider how putting away even the smallest amount on a regular basis can add up quickly. Again, pay yourself first! For example, saving just \$25 a week adds up to \$1,300 a year. That's a nice chunk of change to have on hand should you suddenly decide you need a holiday or find the latest gadget calling your name!

Getting Started

Remember that saving is not about sacrifice. It's about prioritizing. Start by taking a look at your previous bank statements to see where you're spending your money. Ask yourself where you could easily trim and

decide on an amount to reallocate for saving. Maybe you're prone to impulse purchases, or maybe you're regularly spending money on something you wouldn't particularly miss. Making a few changes to my discretionary spending habits has

really helped grow my just-in-case fund and I've actually come to enjoy saving.

Make it easy for yourself

Here's the first secret to paying yourself first: open a dedicated savings account, then schedule automatic payments. Many people find setting up a payday transfer easiest because they don't notice the money leaving their account. This way, saving becomes a habit and you don't think about it. And every payday, your balance grows and grows.

Before long, you'll have saved a nice nest egg without feeling like you've sacrificed anything – satisfaction guaranteed.

Many of us put off saving because we associate it with sacrifice. But regular saving can actually be a uniquely satisfying experience. Paying ourselves first, to have money to buy things we really need or want, means we enjoy those things all the more.

In the past I've written about establishing

savings goals: setting money aside for a specific item you want to buy at a specific time. Goals are great because they help us stick to a plan. So for those of us who don't have a specific purchase in mind, establishing

a 'just-in-case' fund will provide the same satisfaction and end result. Your goal doesn't have to be a specific item; setting a specific dollar amount and timeframe will ensure you've got cash on hand when something unexpected pops up. And if that just happens to be a last-minute vacation versus a car repair, then even better!

And good news! Whether your goal is a specific item, a dollar amount, or just the peace of mind of knowing there's money in the bank when you need it, saving really can be easy.

A little bit really does go a long way

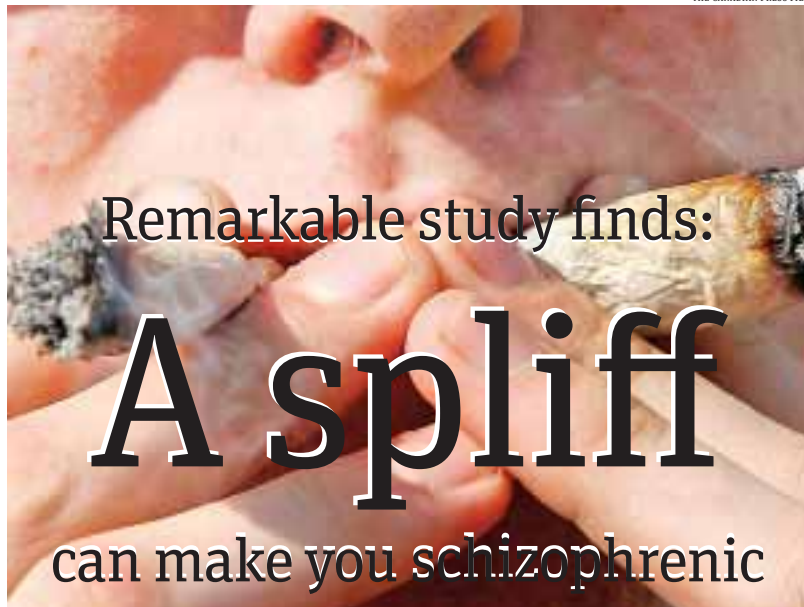
If you don't think you're in a position to

4 SIMPLE STEPS

- 1 Analyze your spending and make saving a priority
- 2 Open a dedicated savings account
- 3 Pay yourself first: set up an automatic payday transfer of \$25
- 4 Watch your savings grow!

Here's the new lowdown on getting high
Authors of a U.K. report say the brain of a drugged person is like an orchestra out of tune, putting memory and behaviour out of sync

THE CANADIAN PRESS FILE



**LILLO MONALTO
MONELLA**
METRO WORLD NEWS

Have you ever thought that your brain works like a philharmonic orchestra?

Well, it does.

And smoking spliffs makes it schizophrenic.

Or, as researchers put it, "disorchestrated."

According to a new study published yesterday in the Journal of Neuroscience, smoking marijuana numbs the brain, "leading to neurophysiological and behavioural impairments reminiscent of those seen in schizophrenia."

Using musical terms, it would be as if the "strings" (the hippocampus) and the "woodwinds" (the pre-frontal cortex) were out of sync.

The findings show that the drug completely disrupts co-ordinated waves across these two brain sections in charge of controlling memory and social behaviour respectively.

"Schizophrenic patients suffer in memory losses and decision-making issues," said Dr. Matt Jones, leading author of the study at Bristol University's School of Physiology and Pharmacology.

"If you sit on the sofa

smoking a spliff, it's fine. But if you sit on a car and have to drive, then it is dangerous."

So how can your brain "tune back" after smoking a joint?

Jones said: "We focused only on short-term effects: you have to wait for a few hours until marijuana is out of the system."

While Jones confirms there is no scientific evidence of marijuana-related neurological damage in the long-run, he does warn against "the effects on vulnerable people like teenagers, whose brains are developing, or people genetically at risk to develop schizophrenia."



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Some focus groups thought ex-PM Robert Borden looks cross-eyed on the notes.

Call it funny money

► Hidden secret in new bills? ► Focus groups see woman's body, sex toy

Canada's new plastic \$100 and \$50 bills may give you more bang for your buck.

New documents show a focus group mistook a strand of DNA on the \$100

bill for a sex toy.

Many people also thought the see-through window on the new polymer notes was shaped like a woman's body.

Others looked into the port holes of an icebreaker on the \$50 note and saw a skull and crossbones staring back at them.

These are just some of

the images focus groups saw on the plastic bank notes going into circulation, starting with the \$100 bill next month.

THE CANADIAN PRESS

Public Notice Regarding the Ministry of Health and Long-Term Care's ("ministry") Collection, Use and Disclosure of Information under the *Narcotics Safety and Awareness Act, 2010*

The *Narcotics Safety and Awareness Act, 2010* ("Act") authorizes the Minister of Health and Long-Term Care ("Minister") and the Executive Officer of Ontario Public Drug Programs ("Executive Officer") to collect, use and disclose information, including personal information, that relates to the prescribing and dispensing of narcotics and controlled substances ("monitored drugs") in Ontario, for the purposes of the Act. The purposes of the Act are to

- promote appropriate prescribing and dispensing practices for monitored drugs
- identify and reduce the abuse, misuse and diversion of monitored drugs, and
- reduce the risk of addiction and death resulting from the abuse or misuse of monitored drugs

Section 8 of the Act permits the Minister and the Executive Officer to direct a prescriber (e.g., doctor, dentist), a dispenser (e.g., pharmacist) or an operator of a pharmacy to disclose information about the monitored drugs they prescribe or dispense, to the Minister or the Executive Officer. For example, the Minister and the Executive Officer may direct the disclosure of information regarding

- the prescriber of the monitored drug (name, address, registration number)
- the person for whom the monitored drug is prescribed (name, address, date of birth, gender, unique number appearing on a form of identification listed on the ministry's website)
- the monitored drug itself (name, strength, quantity, length of therapy, directions for use, drug identification number, prescription number, date of prescription, date of dispensing)

In addition, if a person who has been prescribed a monitored drug authorizes someone else to pick up the drug from a dispenser, the Minister or the Executive Officer may direct a dispenser to disclose certain personal information about that person to the Minister or the Executive Officer (i.e., the person's name and address, and the distinguishing number appearing on a form of identification that verifies the person's name and address).

Once this information has been collected, the Minister and Executive Officer may only use or disclose it as permitted or required by the Act, the *Freedom of Information and Protection of Privacy Act*, and the *Personal Health Information Protection Act, 2004*. For example, subsection 5.(5) of the Act permits the Minister and the Executive Officer to disclose personal information about a person who has been prescribed a monitored drug, to a prescriber, a dispenser or an operator of a pharmacy who has prescribed or dispensed such a drug to the person in the past.

The Ministry's statement of information practices, available at www.ontario.ca/privacy, describes how and for what purposes the Ministry may use and disclose personal health information in accordance with the *Personal Health Information Protection Act, 2004*.

For more information, please call the Ministry toll-free or visit our website.

- Telephone INFOline at: 1-866-532-3161 (Toll-free in Ontario only) or TTY 1-800-387-5559
- Visit the Ministry's website at: www.ontario.ca/narcoticsstrategy



Chemical. Weapons



► End of an era: An inspector checks missiles containing sarin gas in a bunker in Hermiston, Ore. Nearly 70 years after the U.S. government began storing chemical weapons at the site, workers began incinerating the final ton of mustard gas there yesterday and on Monday.

DON RYAN/THE ASSOCIATED PRESS FILE

Lethal cache destroyed

Young boys also need HPV shot, panel says

A U.S. government panel is recommending that young boys also get the HPV shot, the vaccine now given to girls to prevent cervical cancer.

Doctors say it could protect boys against genital warts and some cancers.

But they also say vaccinating 11- and 12-year-old boys could also help prevent the spread of the sexually transmitted virus to girls.

In Canada, health officials recommend that girls and young women be vaccinated against HPV.

THE ASSOCIATED PRESS

News in brief

Satellite's death plunge

BERLIN. Germany says its defunct minivan-sized ROSAT satellite that plunged to Earth on Sunday came down over the Bay of Bengal.

THE ASSOCIATED PRESS

TV star seeks animal curbs

COLUMBUS, OHIO. TV star Jack Hanna, a former zoo chief, has urged Ohio to draw up strict rules for owning exotic animals after a man set loose more than 50 beasts last week.

THE ASSOCIATED PRESS

Retail sales up in August despite consumer doubt

► Results come as Bank of Canada reports relatively dim outlook on economic growth for the full year

Canadian shoppers spent more money in August than economists anticipated even as consumer confidence plunged to its lowest level in two years.

Statistics Canada reported yesterday that retail sales in Canada rose 0.5 per cent to \$37.8 billion in August, suggesting that Canadian consumers have pretty much shrugged off a period of severe turbulence on financial markets.

"The old saying is ... when consumers don't feel so well, they go out and shop," said Peter Buchanan, an economist with CIBC World Markets.

"There were a lot of negatives — we had talk of a U.S. recession, a decline in confidence and also intensified concerns about

the eurozone in August — so I think it's somewhat encouraging that consumers did spend a bit more than people had expected."

Economists on average had anticipated 0.3 per cent growth in the sector.

The boost — which amounts to about 1.4 per cent over last August — bodes well for overall economic growth during the third-quarter. Household spending accounts for about 60 per cent of demand in Canada.

Buchanan estimates that consumer spending grew at about 2.5 per cent in the third quarter, contributing to two per cent gross domestic product growth.

Gains were reported in six of 11 subsectors repre-

sented 70 per cent of retail sales, largely offsetting a July decline of 0.5 per cent. **THE CANADIAN PRESS**

Market moment

TSX



- 52.54
(12,109.75)

Dollar



- 1.29¢
(98.4¢ US)

Oil



+ \$1.90 US
(\$93.17 US)

Natural gas

\$3.663
(+6¢)

Gold

\$1700.40
(+ \$48.10)

Coke pledging millions to protect polar bears

Coca-Cola is changing its iconic can — and pledging millions of dollars — to help scientists plan how other icons such as polar bears can survive in Canada's melting Arctic.

Coca-Cola and the World Wildlife Fund have announced a project called Arctic Home, to which the global corporate giant has committed \$2 million over five years, with another million promised to match donations from the public. The money is to fund research programs in the High Arctic related to habitat and wildlife survival, particularly with regard to polar bears.

Arctic experts say it's vital work that governments

aren't doing as they increasingly focus on research directly related to development.

Some of the money is to pay for ground-level conservation, such as migration research or polar bear fences in communities that have lots of nearby bears.

Coca-Cola Canada president Nicola Kettlitz said the project is a chance to do something for an animal that's been closely associated with the soft drink's image for years.



► Coke's red cans will turn white this winter.

An indication of how seriously the company takes the campaign is that Coke cans in Canada and the United States will change starting Nov. 1 until Jan. 15 from the well-known red to white.

The only other time Coke has changed the colour of its Canadian cans was during the last Olympics.

The public will be able to participate by making donations through the company's website, iCoke.ca.

THE CANADIAN PRESS

China. Trade Exhibit



► Visitors peruse a plastic toy exhibition booth during the China Import and Export Fair yesterday in Guangzhou, China.

CHINA/GETTY IMAGES

No toying around at Canton Fair

The 110th China Import and Export Fair, also known as the Canton Fair, opened on October 15, attracting 24,231 exhibiting enterprises from both China and abroad. Held twice annually in the spring and autumn, the 15-day event is among China's largest trade fairs, drawing hundreds of companies from all over the world.

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Canadian Breast Cancer Foundation ONTARIO

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WARD OFF THE COMMON SURVEY

JUST SAYIN' ...

PAUL SULLIVAN
METRO



It's confirmed.

The world is a dirty, messy, germ-infested place.

A survey released yesterday by the Kleenex people (who else?) measures the extent of the contamination.

It's everywhere: 71 per cent of gas pump handles, 43 per cent of escalator rails, 41 per cent of ATM buttons and 40 per cent of parking meters and kiosks are contaminated with disease-causing germs.

Put that together with an earlier survey that as many as one-third of the male population fails to wash its collective hands after going to the bathroom, and you may never touch another doorknob again.

Of course, there are always people who claim a little dirt won't hurt you, but in this era of work 24-7 (and like it), who can afford the downtime that comes with colds and the flu?

"There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The world is a petri dish and you're the lab rat."

You could get a flu shot, but there is no cure for the common cold, which appears to be even more common than we thought.

You could become germ-o-phobic and wear rubber gloves and a surgical mask and use anti-bacterial wipes, but you're fighting a losing battle. There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The

world is a Petri dish and you're the lab rat.

And please cough into the crux of your elbow.

Surveys like the one from Kleenex are big news at the Handwashing for Life Institute in Libertyville, Ill. I am not making this up. Its motto is "Overcoming underwashing" and it is deadly serious about fighting germs.

But the net effect of all the helpful advice on handwashingforlife.com is that it's way too hard, especially if you have a short attention span, and pointless if you have to go now and you've got no time to worry about the relative cleanness of the washroom.

You could spend every minute of your brief existence fighting off germs and you could still get run over by a bus. You have a one-in-246 chance of dying by falling down. There's even a one-in-200,000 risk of being crushed by an asteroid.

It's important to realize that germs reach their peak every weekend, at least as far as calling in sick is concerned.

Of course there's a survey on that, too. A British survey (have these people nothing else to do?), to be precise, indicating that more than one-third of sick calls happen on Monday.

So, even though there are just as many germs per square inch on every other day of the week, Monday is particularly hazardous to your health.

You didn't need a survey to tell you that, did you?

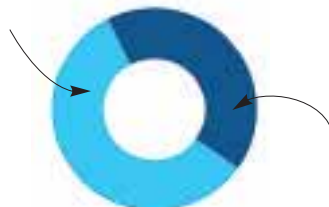
Read more of Paul Sullivan's columns at metronews.ca/justsayin



Register at
metropolitanpanel.ca
and take the quick poll

Are you part of the 99%?

58%
YES



42%
NO

Local tweets



- @Ohlyra: Plan on stopping by #occupy #ldnont later. Maybe they need muffins.
- @FoodDrunkLondon: #ldnont way to go city council, waste my money on un needed parking!! How about you build a central bus terminal and clean up downtown
- @JessAnneSteuer: takes forever to get home from #fanshawe after 6pm!! ugggh #ldnont trasnit!!!! I have midterms in the morning!!! :@
- @Evolving: Feeling the pressure. So many things due. Midterms. #lcandthis #uwo #ldnont
- @missprincen: Watching TV commercials for shops and small businesses in the London are amuses me. They have a distinct production style... #ldnont
- @mcgreg_m: cant wait to get reunited with the best spot in weldon today !!!! #nomoreconstruction #aboutime #uwo
- @briannahammer: So fabulous!! Looking forward to seeing @jillbarber in concert again. Thank you, @AeolianHall!! #ldnont

Letters

GUN REGISTRY. When Canada's current regime of gun control legislation was drafted, the law-abiding gun owners in this nation rallied against it. The government of the day pushed the bill through in spite of many flaws, some of which contradict the Charter of Rights and Freedoms; going as far as to subject legal gun owners to illegal search and seizure and suspension of the right to remain silent during investigation.

Well, now the landscape has changed. It is clear that Canadians no longer want to see Ottawa waste precious resources on legislation that targets law-abiding citizens and leaves criminals to their misdeeds.

The current government has decided that it is not the law-abiding gun owners of this country that need to have their freedoms curtailed, but the lawless, the organized gangs. It is with this vision that we hope there are less victims for the victim's advocates to mourn, less criminal acts with firearms for the Coalition for Gun Control to rail against, more resources for mental health and more money for policing.

MR. KEVIN ORDOWICZ
SAINT-HUBERT, QUE.

photo of the day



► This photo, titled *Un Soleil au Féminin*, was submitted to the Variety category by Onimbola Tsikimamy from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

It's a dog-eat-dog world

Dressed as protesters, complete with toy megaphone, Mitch Robinson and his wife unrolled a sleeping bag and "occupied" their friends' Halloween party. Unlike the real-life Occupy Wall Street demonstrators, they had a list of demands for their hosts.

Among them: Equal time on the karaoke machine, more meat on the grill and extra alcohol in the drinks.

So went the party in Tacoma, Wash., last Saturday night.

Among the self-proclaimed 99 per

cent, the anti-Wall Street protests that began in New York and spread across globe are inspiring lots of costume ideas.

"We're ready to go," said Kris Ruby in Greenwich, Conn. She is dressing her seven-year-old golden retriever, Morgan Stanley, as a one-percenter in business suit, red tie and tweed hat.

THE ASSOCIATED PRESS



► Morgan Stanley represents the 1%.

Running out of time

► Justin Timberlake talks about fast living, boyhood fantasies and his latest film *In Time*

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Playing the hero in *In Time* — a sci-fi adventure set in a world where people stop aging at 25 and have to earn time to stay alive — has given Justin Timberlake a lot of chances to think about time, including being stuck with a certain look.

"I look back as a lot of my younger years have been documented and I can honestly say that I would not like to revisit," says the musician-turned-actor.

Of course he says that now, at age 30 — and playing a convincing 25 on screen. Maybe he'll change his tune after another 10 or 20 years. But for now,



ISTOCK PHOTOS

► Justin Timberlake tackles the issue of aging and wealth in his new film *In Time*.

Movement

The OWS connection.

► **Elite** A major theme of *In Time* is taking on an elite that controls all the resources in society — something that coincidentally finds great resonance with the current Occupy Wall Street movement as the film hits theatres. Of course it was shot before the movement kicked off.

movies like *In Time* are helping keep him young, especially considering all the action involved.

"On top of being a really rich story filled with lots of things, I got to live out a lot of boyhood fantasies in this movie — shooting guns and getting to learn

how to stunt-drive," he says, grinning.

Given the time-sensitive nature of the film, there was of course lots of running involved — which was fine for Timberlake, but not so much his co-star, Amanda Seyfried, who did most of the chases

in high heels.

"We debated actually in the middle of a scene her taking the heels off and just running without them, but she would have gotten lost in the frame," he says.

One pitfall of a high-concept action thriller can

be overly expositional, and that was something Timberlake was keen to watch out for, going so far as to consult Andrew Niccol, the film's producer, about paring down the script.

Saves more time for the running, shooting and driving, at least.

POPPING WILLIAM SHAKESPEARE'S COLLAR

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA



A new movie called *Anonymous* asks a question that has kept academics debating for decades. Was it actually William Shakespeare, of Stratford-upon-Avon, who wrote the plays and poems attributed to him?

The film suggests it was Edward De Vere, Earl of Oxford (Rhys Ifans) who actually put pen to paper. Then to hide his

identity he hired a semi-employed actor named William Shakespeare (Rafe Spall) to act as his literary beard.

There is no evidence to support the movie's theory but at least one detail is consistent with history — the likeness of Shakespeare. Even though no painting of the Bard was done during his lifetime, the 1632 Martin Droeshout portrait showing the writer with, "a huge head, placed against a starched ruff," has become the accepted version of his appearance in art and on film.

Shakespeare and his

ruffed collar has popped up in everything from *The Simpsons*'s 2007 videogame to the Bugs Bunny cartoon *A Witch's Tangled Hare*.

Playing the Bard as a lusty poet in Shakespeare in *Love* made Joseph Fiennes a star, but he was far from the first actor considered for the role. Daniel Day-Lewis and Kenneth Branagh both turned it down before Ralph Fiennes's little brother snapped it up. The movie, about how Shakespeare's love affair with Viola De Lesseps (Gwyneth Paltrow) helped him overcome writer's

block and pen Romeo and Juliet in her honour, earned 13 Oscar nominations and won seven, including Best Picture and Best Actress for Gwyneth.

One of the stranger depictions of Shakespeare on screen came in Jean-Luc Godard's *King Lear*. Called "Godard's most insane, headache-inducing and inscrutable movie," by one critic, it features Peter Sellers (not the Pink Panther actor, but an avant guard theatre director) as William Shakespeare Junior the Fifth. In the movie's post Chernobyl world, all of the world's

culture has been lost and it's up to folks like Shakespeare Junior to try recreate it. Searching for inspiration he scribbles familiar phrases in his notebook — "Love's Labors Lost. As you wish. As you wish. As you wish. As you witch. As you which? As you watch. As you watch..." — as he tries to piece together the works of his long lost relative. Best remembered as the Woody Allen movie you haven't seen — the comedian plays Mr. Alien in an uncredited cameo — *King Lear* is a head scratcher, even for Godard.

2

scene

Jobs



Rockers the Flaming Lips will honour the late Apple co-founder Steve Jobs by performing a cover of the Beatles' *Revolution* at the O Music Awards 2 on Oct. 31.

THE ASSOCIATED PRESS



Savannah, Ga., tries to clean up square featured in the film *Forrest Gump*

Chris Taylor: CANT can make you forget that other band he's in

► Grizzly Bear musician leaves his usual folky tunes for an electronic, moody sound ► Recently started his own label, Terrible Records



► Chris Taylor

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

When Chris Taylor began working with publicists to promote CANT, his new side project, he contemplated not putting the name of his other band in the biography.

"I didn't really see how people having that connection, between Grizzly Bear and this project, I didn't see how that would be helpful," he says.

"I had to trust people who do this stuff — press, my manager — because if I can't trust them, I shouldn't have hired them in the first place. They just said, 'No, we should definitely do that, it's inevitable, people are obviously going to know it's you and it seems silly if you try and pretend, it'll just make you look

"The whole idea of the record is sort of to deal with stuff, and face fears, and not shy away from them, especially the more scary ones."

CHRIS TAYLOR

silly."

To be sure, Taylor does not look silly. And CANT's recently released debut, *Dreams Come True*, is a force to be reckoned with, albeit a dark force.

Where Grizzly Bear is harmonic and folky, CANT is electronic and moody. It's as if one is a consequence of the other.

"When I got out of touring and recording — and production work in the meantime — which was six or seven years, I realized I had sacrificed a lot of personal relationships," he says. **'Face fears'**

It's not as if Taylor has nothing to show for the time that he was neglecting his personal relationships.

In addition to playing bass and producing Grizzly Bear albums, he has produced critically acclaimed albums by Twin Shadow and the Morning Benders, and he recently started his own label, Terrible Records.

But with *Dreams Come True*, he confronts his decisions head-on.

"The whole idea of the record is sort of to deal with stuff, and face fears, and not shy away from them, especially the more scary ones," he says.

The Metro News Just For Laughs Comedy Tour Contest



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Contest closes October 27, 2011. Open to Canadian residents over the age of majority, excluding Quebec and the territories. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) For Laughs Comedy Tour show in London. Winner in London will be pooled with similar winners in Halifax, Toronto, Ottawa, Calgary and Vancouver for the Grand Prize draw. There is one (1) Grand Prize of a trip for two to London, which includes return Business Class airfare and four nights of hotel accommodation, valued at approximately \$11,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

Line-up subject to change.

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THE KARDASHIANS: COMING SOON TO A BATHROOM NEAR YOU



▶ The Kardashian sisters

THE WORD

DOROTHY ROBINSON
SCENE@METRONews.ca



Is there no end to the Kardashian empire? The reality-TV-family-turned-moguls have filed documents with the U.S. Patent and Trademark Office to use the name Kardashian Collection Home on an upcoming product line.

TMZ.com reports that the Kardashians "plan to use the trademark on everything from bath mats, to hand towels, pillow covers, sheets, golf

towels, football towels, linens, candlesticks and even beer mugs."

There's no word if Kardashian Collection Home will be sold exclusively at Sears, where they currently sell their Kardashian Collection (does anyone else read that and think: 'Krap?') of clothes, handbags, shoes, belts, jewelry, hosiery and sunglasses.

But if they think they're going to expand and encroach on Martha Stewart's Home goods empire, they've probably got another thing coming.

If anyone knows how to fashion a homemade shiv to ward off threats to her business, it's Martha Stewart.

Lilo to pose for Playboy

▶ Troubled star struck lucrative deal with magazine, says TMZ

ALL PHOTOS GETTY IMAGES



▶ Lindsay Lohan

Lindsay Lohan will reportedly pose nude for Playboy after striking a deal with the adult magazine, according to TMZ.

The magazine is said to have initially offered the troubled actress \$750,000, which she turned down, but she agreed when they came back with a figure

closer to her \$1-million asking price. And work is apparently already underway for the issue, as Lohan is said to have done her first revealing photo shoot over the weekend.

"I can neither confirm or deny at this time," her rep says.

● METRO

Lovable. Muppet



DAVID VAN DYKE/METRO

Kermit pops by to say hi

The famous friendly amphibian stopped by the Metro office while in Toronto to promote his new film, *The Muppets*, which opens in theatres Canada-wide on Nov. 23.

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FREE WRISTBAND* TO MEET DOWN WITH WEBSTER WITH THE PURCHASE OF TIME TO WIN VOL. II AVAILABLE NOVEMBER 1

*While quantities last

hmv club metro

Free wristband with the purchase of Down With Webster's CD "Time To Win Vol. II" will be available on Thursday, November 3rd at the HMV White Oaks Mall location only. Wristbands will be issued at the time of purchase. One wristband per CD purchased. Wristband policy in effect on a first come first served basis limited to 400 customers. HMV reserves the right to limit quantities and cease offer at any time. HMV is not responsible for any lost or stolen wristbands. One autograph per person. Proof of purchase is required in order to receive a wristband. Autographs are not guaranteed due to time restrictions. One item allowed per person to be autographed. Some exceptions may apply. Autograph session is subject to change or cancellation without notice. Photos of Down With Webster can be taken, but not posing with them due to time restrictions.

3 life

Travel in brief



Fans of MTV's *Jersey Shore* can get a first-hand look at the gym-tan-laundry lifestyle by renting the house where the reality series is taped. Just bring \$2,500 a night and your own drama. Renters to the home in Seaside Heights have access to the duck phone and the double bed in the Smush Room. But they won't find the usual mess because the landlord cleaned the place.

THE ASSOCIATED PRESS



Key West's decadent Fantasy Fest begins with street parties, masquerade balls

Growing Avatar Grove

► Port Renfrew, B.C., is leaning on Hollywood blockbuster for environmental tourism boom

PHOTOS: JONATHAN HAYWARD/THE CANADIAN PRESS

Pink ribbons knotted to tree branches at the side of a gravel logging road mark the entry to an amazing earthly experience.

The air is cool, damp and even smells green. Look up and there is no blue sky, just scraggy branches and the tops of 60-metre-high trees, which allow sunlight to hit the mossy ground only in broken beams of light.

This is Avatar Grove, a 50-hectare piece of untouched old-growth forest, about 110 kilometres northwest of Victoria, B.C.

Natural-born enemies; environmentalists, business leaders and politicians, are joining hands to protect it from logging and create a nature-lover's paradise.

It's as if the happy-ending script is writing itself at Avatar Grove — a sequel of sorts to the Hollywood blockbuster, unfolding in the few remaining dark, moody and ancient big-tree forests on southern Vancouver Island.

"When we came across the area, it was at the same time the movie *Avatar* was released," said Ken Wu, co-founder of the Victoria-based Ancient Forest Alliance.

"Avatar was about saving old-growth forests, albeit on an alien moon.

"We wanted people to make the connection that here on earth we have real spectacular old growth (forests) that are endangered and that need protecting," he said, standing near a huge cedar marked in spray paint with the number five, signifying that it once faced a chain-



► Ken Wu of the Ancient Forest Alliance looks at Canada's 'gnarliest' tree in Avatar Grove near Port Renfrew, B.C.

saw death.

Wu said choosing the name Avatar Grove, courting the business community in nearby struggling Port Renfrew and getting the ear of the B.C. government has sparked a groundswell to declare the rugged coastal area the Big Trees Capital of Canada.

The Ancient Forest Alliance spent the summer taking busloads of tourists into Avatar Grove to see the mysterious forest, especially the alien-shaped western red cedar, nicknamed Canada's gnarliest tree for its Volkswagen-sized burl.

"Port Renfrew really is the biggest trees capital of Canada," said Wu.



► There's no blue sky in Avatar Grove. The tops of 60-metre tall trees block out the sunlight.

"The fact is the largest Douglas fir tree on earth is near town. The biggest spruce tree in Canada is al-

so near town. The biggest tree in Canada, the Cheewah cedar, is also north of town.

"And we've got the gnarliest tree at the Avatar Grove," he said.

Rosie Betsworth, Port Renfrew's Chamber of Commerce president, agrees with Wu and the Ancient Forest Alliance that the big trees are something to see.

It's also offering a tourism boost to the community that, until recently, considered logging and fishing its lifeblood.

"The majority (here) can

see the value of tourism dollars," she said.

Steve Thomson, B.C.'s minister of Forests, Lands and Natural Resources, said the government halted planned logging of Avatar Grove and is awaiting the results of a public consultation process on the area's future.

But he suggested it already appears logging is no longer a viable option.

"The province has published its intent to adjust the old-growth management area to protect that grove," he said.

THE CANADIAN PRESS

If you go...

► Currently, there are no official scheduled tours into Avatar Grove, but visit the Ancient Forest Alliance website at ancientforestalliance.org for a map of the area's big tree sites. The alliance also will take visitors into Avatar Grove or can provide travellers with a detailed and easy-to-follow map that they can use to guide themselves.

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A culinary toast to Diwali



► This recipe serves four.

Today marks Diwali, a five day "festival of lights" and one of the biggest celebrations in India among Hindus.

Food plays an important role in the Diwali celebration. It is customary

to exchange sweets and savoury dishes with friends and neighbours.

Instead of turning to traditional weeknight mainstays — spaghetti and meatball Mondays and taco Tuesdays — treat

your family with a risk-free, Diwali-inspired meal like this tomato and chickpea vindaloo.

Ready in less than 15 minutes, this meal is the perfect dish for busy weeknights when it is a

race against the clock to get dinner on the table.

Bursting with Indian-inspired flavours, this dish is sure to add some spice to your dinner table.

Preparation:

Ingredients:

- PAM Original Cooking Spray
- 2 pints grape tomatoes, sliced in half lengthwise
- 1 can chick peas (about 540 mL), drained
- 1 bottle VH Vindaloo Cooking Sauce
- 1/3 cup (80 mL) fresh cilantro, coarsely chopped
- 1/3 cup (80 mL) green onions, finely sliced
- 1/4 cup (60 mL) pumpkin seeds (optional)

- 1 Spray pot with PAM Cooking Spray.
- 2 Heat tomatoes over medium-high heat, cook until tender (10 mins).
- 3 Add VH Vindaloo Cooking Sauce, chick peas and half a cup (125 mL) water, cover and simmer three minutes.

- 4 Stir in cilantro, green onions and pumpkin seeds, warm through and serve over rice.

NEWS CANADA/VHSAUCES.CA

Drink of the week

Blood Sipper

- 250 ml (1 cup) each fresh or frozen strawberries, raspberries and cranberries
- 250 ml (1 cup) pomegranate juice
- 1 bottle (750 ml) vodka

In blender, combine ingredients. Pulse to just chop fruit. Refrigerate for an hour or up to several days. Pour vodka and fruit mix through mesh strainer. Press solids to extract as much liquid as possible, then discard solids. The infused vodka can be sipped straight, chilled or cut with apple cider or ginger ale

THE ASSOCIATED PRESS/ AP FOOD

EDITOR J.M. HIRSCH



Boats of yum

► Beef & Almond Stuffed Zucchini Boats are a nutritious meal for the family ► Kids will love them

THE CANADIAN PRESS/HO



► This recipe serves four.

Preparation:

- 1 Heat oven (190 C). Cook bulgur according to package; set aside. Cut zucchini in half lengthwise; scoop seeds.
- 2 In skillet over medium-high, heat oil. Add onion and cook, stir, until soft and translucent, about 3 mins. Add garlic and cook for 1 min.

- 3 Add beef and cook, breaking up with wooden spoon, until it is nearly browned, about 3 mins. Stir in cumin, coriander, cinnamon, red pepper flakes and 2 ml (1/2 tsp) of salt and cook 1 min. Add cooked bulgur, raisin, tomatoes; cook for another 3 mins. Remove from heat and stir in toasted almonds

and parsley.

- 4 Combine reserved tomato juice, tomato sauce and remaining 2 ml (1/2 tsp) salt in a 3 L (13-x 9-inch) baking dish. Place zucchini boats in dish, cut side up, on top of sauce and fill each with beef mixture. Cover with foil bake for 30 mins. Remove foil and bake for

Ingredients:

- 50 ml (1/4 cup) bulgur wheat (uncooked)
- 4 zucchini
- 75 ml (1/3 cup) slivered almonds (toasted, chopped)
- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 250 g (1/2 lb) extra-lean ground beef
- 7 ml (1 1/2 tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 5 ml (1 tsp) salt
- 1 can (398 mL/14 oz) diced tomatoes, strained, juice reserved
- 45 ml (3 tbsp) raisins
- 50 ml (1/4 cup) chopped fresh parsley
- 125 ml (1/2 cup) tomato sauce

10 mins. until zucchini is cooked through but still slightly firm.

► EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

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DIG A BIT DEEPER

► Company's failure to investigate allegations cost it case

WORKPLACE LAW

DANIEL LUBLIN

DAN@CANADA
EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN



Having just been advised of the less than impressive results of an "employee satisfaction

survey" at the National Bank's branch in Vaughan, Ont., Adrian Chandran, the senior manager at the branch, was in shock.

To Chandran's dismay, many of his subordinates accused him of making condescending remarks, embarrassing others and behaving like a bully. Some claimed they contemplated seeking legal advice. Chandran asked for the specifics of those complaints so that he could defend himself, but his request was denied.

Convinced that Chandran's supervisory duties should be taken away from him because of the complaints, the bank gave him the option of choosing between two available non-supervisory roles. Both alternative positions were at lower grade levels, although Chandran's salary would not initially change. He was then warned that behaviour similar to that which led to the employee complaints would be grounds to terminate him for cause.

Chandran argued that either of the two alternative positions offered to him were tantamount to a demotion and that, based on the bank's decision to

► Even those that rule with iron fists deserve to defend themselves.

discipline without first allowing him to defend himself, he had lost all trust in the bank. Chandran felt that he was entitled to leave but still entitled to severance.

At a recent trial, the court sided with Chandran. It concluded that one of the distinguishing features of this case was the bank's decision to impose discipline against Chandran without a proper investigation. Although Chandran may have engaged in the conduct that he was accused of, the bank's failure to properly investigate effectively prevented it from relying on that conduct at trial. This

fact, coupled with Chandran's perceived demotion, justified his resignation with pay. Chandran was awarded severance and his legal costs.

The human resources lessons are clear: employers should pause before blindly accepting allegations of harassment and bullying at work. As harassment is often in the eyes of the beholder, even the workplace bully should have a full and frank opportunity to defend himself. To do otherwise flirts with a significant lawsuit.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

You can find him in the club...

STUDENT VOICE

BRENDAN STEVEN
TALENTEGG.CA

I have always been one of those people who, for better or worse, likes to bite off more than I can chew. So when I came to McGill, where I am now in my third year of a degree in political science, I raced out to find any extracurricular activity I could.

One such club was the McGill Tribune, one of two student newspapers here on the McGill campus. I had a little bit of writing experience from my days in high school, and applied for a volunteer position as an opinion columnist.

They gave me the job and I never looked back. I realized that there was a lack of representation of Conservative students on campus, so six months later, a friend and I founded The Prince Arthur Herald (princearthurherald.com), Canada's only conservative student newspaper. Within a few short months, we expanded our operation to a multitude of campuses and

What I learned

Key take-aways from Brendan's experience.

- Evaluate your interests and skills to find something you are passionate about on campus.
- If there's a niche for a new campus club, don't be afraid to start it: employers will value your entrepreneurship.



► Brendan Steven feels it's important for schools to encourage students to participate in extracurricular activities.

created Canada's only national student newspaper. I now co-manage a team upwards of 70 volunteers from across the country.

It's become very clear that simply getting a degree is not enough in the modern job market. This is especially true of students like me, who are getting arts degrees that lack marketable skills for niche lines of work.

The importance of doing extracurricular activities, whether it is an internship, a part-time job, or volunteering, is now vital for students seeking jobs after they graduate.

I find schools to have an unrealistic perspective on

this issue. Many do not actively encourage their students to explore the opportunities that are available to them outside of the classroom.

As an institution with a responsibility to their students, schools should take a more active role in encouraging students to go beyond academics. They should also be more proactive in helping to place students with volunteer positions of interest to their careers.

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Where Brendan is now

I am currently completing my studies at McGill University while simultaneously staying heavily involved in areas I am interested in. I am currently the executive editor of The Prince Arthur Herald and the chief content offi-

cer for Prince Arthur Herald Ltd. I also work as a featured columnist for the National Citizen's Coalition and a senior campus fellow with the Canadian Jewish Political Affairs Committee (CJ-PAC).

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► Rangers' Game 6 starter Colby Lewis pitches during Game 2 of the World Series last week in St. Louis.

Lewis gets chance to grab a championship

► Cardinals send lefty Garcia to mound in rematch of World Series Game 2

It's already been a productive post-season for Colby Lewis. Next up, a shot at the biggest prize yet.

In Game 6 of the World Series tonight, Lewis gets the first chance to pitch the Texas Rangers to their first title. No doubt while pitching oh-so-carefully against Albert Pujols and the St. Louis Cardinals, he'll be leaning on past October triumphs.

"Well, you definitely think when you're a kid, you want to be in this position, be on this stage," Lewis said. "I think just being in the situation that we were last year throughout the playoffs gives you more of an edge, more relax-

ation. That's for sure."

Jaime Garcia is back home where he's most comfortable, and the wildcard Cardinals are back in a familiar win-or-go-home mode, heading into a mound rematch from Game 2.

Three of Garcia's four post-season starts have been at Busch Stadium and the 25-year-old lefty has a 1.93 earned-run average at home. He outpitched Lewis in the first matchup with seven innings of scoreless, three-hit ball before the bullpen failed in a 2-1 loss.

Garcia was in top form in Game 2 with seven strikeouts and one walk.

"It's been the same for

1-12

The Cardinals were 1 for 12 with runners in scoring position in their 4-2 loss in Game 5 in Texas.

me the last two months basically, and I'm still going to try to do the same thing. Don't change anything, don't try to do too much because this is the World Series. That's kind of how I feel," he said.

Lewis beat the New York Yankees in the clinching Game 6 in the AL championship series last year. He doesn't mind being on the

road, getting nine of his 14 wins with a 3.43 ERA, and has been stingy all post-season with a 2.95 ERA.

Facing Lewis in Game 2, the Cardinals were limited to one run on four hits with one extra-base hit in 6 ½ innings. Manager Ron Washington is confident he'll see the same pitcher again.

"He totally believes in what he's trying to do out there," Washington said. "He never gets away from what he does best. Colby never doubts what he's capable of doing, and I think that's what makes him apart from some guys at this stage."

THE ASSOCIATED PRESS

Jays won't let Boston steal their manager

The Toronto Blue Jays shut the door on manager John Farrell bolting for Boston before their American League East rival could even come knocking.

With speculation growing that the Red Sox had interest in Farrell, the Blue Jays announced a change to team policy yesterday that forbids employees from leaving to take the same job with another organization.

Pressed for specifics on the policy, general manager Alex Anthopoulos said during a conference call that it wouldn't be lifted even if another team offered compensation in exchange for a Jays employee.

"Totally, 100 per cent, lateral moves (will be blocked)," said Anthopoulos. "That's exactly the way it reads."

Anthopoulos had previously been on record as saying that employees were permitted to speak with any team about any job at any time. It had been a long-standing policy within the organization.

Sunday's Boston Globe reported that the Red Sox were interested in hiring Farrell, their former pitching coach. THE CANADIAN PRESS

4

sports

Quoted



"I don't believe in curses and I guess I played a small part in helping prove they don't exist from a baseball standpoint."

THEO EPSTEIN, AFTER BEING INTRODUCED AS THE NEW PRESIDENT OF BASEBALL OPERATIONS FOR THE CHICAGO CUBS YESTERDAY. EPSTEIN, 37, WAS PREVIOUSLY GM OF THE BOSTON RED SOX, WHO WON TWO WORLD SERIES TITLES UNDER HIS WATCH.

Cuban never proposed nixing cap: NBA

The NBA players' association, not Dallas Mavericks owner Mark Cuban, proposed the elimination of the salary cap during negotiations aimed at ending months of labour strife, a league official said yesterday.

NBA senior vice-president Mike Bass said union executive director Billy

Hunter made "several misstatements" during a podcast with ESPN.com on Monday. Among them was the revelation of the salary cap plan, which Bass said was actually an exception to the cap, not the elimination of it.

Hunter said that, during a meeting last week, Cuban proposed what he

called a "game changer" — a plan to replace the salary cap with a heavy tax for teams that spent to a certain level. Hunter said the players were interested in discussing it and that two or three other owners in the room were excited about it, but were told by the owners they wouldn't pursue it.

"On behalf of the league, Mark Cuban proposed adding a new salary cap exception, not eliminating the salary cap," Bass said. "It was the union that, in response, proposed eliminating the salary cap, a proposal that was even worse for the NBA than the union's prior proposals."

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Base price: \$35,800
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Land Rover LR2

Base price: \$46,300
British-built SUV brings a touch of class, but is a bit of a fuel guzzler.

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Engine

Tossed aside for 2012 is the 3.8-litre V-6 rated at 202 horsepower and 237 pound-feet of torque. That engine had been the off-roader's go-to motivation since the 2007 model year.

In its place is Chrysler's recently developed Pentastar V-6 rated at 285 horsepower and 260 pound-feet of torque. That translates into a horsepower improvement of more than 40 per cent, along with a corresponding 10-per cent gain in peak torque.

Transmission

The Wrangler also offers a more efficient optional five-speed automatic transmission in place of the previous four-speed unit. Jeep says that the extra cog helps reduce fuel consumption and offers a lower crawl ratio for severe off-road use.

Still standard is a German-made six-speed manual gearbox, which is the first of its type attached to the Pentastar V-6.

Towing

Remaining unchanged are the Wrangler and Wrangler Unlimited's maximum towing capacities of 910 and 1,590 kilograms, respectively.

The Sport B (except Unlimited), Sport S, Sahara and Rubicon trim levels carry over with the first three featuring part-time four-wheel-drive with optional limited-slip rear differentials. The trail-happy Rubicon uses the Off-Road Rock-Trac unit with its extra-low-range gearing, front-and-rear locking differentials for greater agility, and 32-inch off-road rubber.



Wrangler gets a heart transplant



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

The Wrangler's ancestry dates back more than 70 years, but being on the receiving end of a series of recent improvements has kept this Jeep as up-to-date as ever. Loyalty to Chrysler's iconic Jeep brand

knows no bounds, especially the Wrangler, which some aficionados consider the only true Jeep. And despite the passage of time, it has maintained an unyielding grip on its now-classic design. In short, the Wrangler is the ultimate retro vehicle with unabashed bragging rights to history

and heritage.

Jeep's current Fiat miniders have managed to tread carefully without messing with Wrangler tradition.

However, for the 2011 model year they introduced a kinder, gentler (on the posterior) interior, with better-quality materials for the updated dashboard, seats

and door trim as well as the addition of climate control, heated seats and outside mirrors to the options list. Those changes were clearly well received as Wrangler sales have remained as robust as ever.

For the 2012 model year, the Wrangler is on the receiving end of a much-needed

heart transplant — in the form of its engine.

It's that more powerful engine, and attendant fuel-economy improvements that represent the key enhancements, and ones that both serious, crater-crawling Jeep fanatics and first-timers will readily appreciate.

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Sonic

wave

► Chevrolet's small car makes traffic jams bearable



LISA
CALVI
FOR WHEELBASE MEDIA

Driving from a big-city airport to downtown when traffic congestion has been building all day doesn't seem like the ideal way to learn everything there is to know about a car.

But when you only have that bit of time to experience a vehicle and you want to write about what people do in traffic jams, it's actually kind of perfect.

My ride, a new 2012 Chevrolet Sonic, is parked in the basement of the airport hotel. I go to retrieve it and I'm greeted with a sexy hatchback. A four-door sedan is also available.

I get in, turn the key and nothing happens. Now I'm excited. Push in the clutch: this baby has a manual transmission.

Although if your story

angle is about driving in traffic jams and what people do in this necessary urban evil, how will shifting gears impact the experience? Do stick-loving city dwellers eventually give up a manual transmission because the stop-and-go is too irritating? But then, what about those on-ramps and straight stretches where you get to go through the gears?

A meeting downtown is imminent so I have to put the Sonic in gear without really letting the interior features sink in. Leaving the basement is already a good time, since it whips around the corners quite nicely, although one of the first adjustments is to tuck away the armrest on the driver's seat. It just gets in the way.

Not even off the airport property and I'm into a traffic jam, a line-up that starts at the parking-exit gate. This gives me a chance to

drink in my surroundings.

The steering wheel is meaty, wrapped in leather with a touch of chrome. The subtle stitching gives it a racy feel. I realize I judged the armrest too harshly. Sitting in traffic, it's a good thing to have. The seat is comfortable, also good in a traffic jam.

I plug my iPhone into the USB outlet that I find in the storage compartment above the glove box. The hidden notch in the cover means my cord doesn't get crushed. Simple and sweet.

In making all of these observations, I've moved all of 10 feet. But that's OK because I'm in a traffic jam and, for now, that's right where I want to be.

So, what do people do in traffic jams?

The guy next to me is texting or sending emails. The woman in front of me is applying lipstick with her rear-view mirror tilted. People are jockeying from



► Once you're out of traffic, you can stretch the Sonic's legs. Opting for the speedy turbo means you can stretch your own legs a little sooner.

one lane to the next, always trying to zero in on the one that's moving faster.

Being in three lanes of traffic trying to merge into a roundabout is not a relaxing experience. An ambulance in the left lane ahead suddenly turns on its lights and siren. The two vehicles in front of it are pressured into the circle. Vehicles coming from the left are not really cluing in that they should yield to the ambulance. Horns start blowing and tensions rise. Did the ambulance get an emergency call? Was the driver just looking for a way to get out of this traffic and to a coffee break? Hmmm.

A traffic jam is just the place to ponder such questions.

Headlights

► The Sonic features exposed headlights, which were apparently inspired by motorcycle headlights. They give the car an aggressive yet totally approachable face.

But wouldn't you know it? After wrestling with a story angle and finally deciding to focus on "the traffic jam," the traffic is now flowing freely. I'm shifting into fourth gear and bringing the sprightly little Sonic rocket up to 100 km/h.

Have you ever been in a traffic jam and were disappointed when it was over?

I didn't think so. The Sonic is peppy. Really peppy

since it's the 138-horsepower turbocharged version, which also means the transmission is a six-speed manual.

Forget the story angle, give me some twists and turns and get out of my way.

Alas, acceleration-happiness is short-lived. Another traffic jam and I'm immediately back to thinking about what people do to pass the time.

But finally, after once again alternating between smooth sailing and stop-and-go contemplation, I arrive at my destination. Happily tossing the keys to the valet, it dawns in me what most people do in traffic jams: try to get out of them.

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When shopping for a used vehicle, you can complete a lot of the homework and due diligence via your laptop.

But at some point someone will need to get their hands dirty. You, or someone you trust, will have to go “mano-a-mano” with the vehicle in question, and poke and prod every inch of it — especially those oily bits where the sun don’t shine.

You can do this inspection yourself, or have a more technically savvy

friend do it for you, or enlist the services of a professional. The professional route is by far the most preferable option, because even if you’re technically savvy, you might not have all the great diagnostic tools and equipment to do the job properly.

If you already have a trusted mechanic, he or she would be the ideal person to check out a potential vehicle for you. But it’s often awkward, or impossible, to get the seller to bring the vehicle to your preferred mechanic’s shop, and the process has the potential to eat up a lot of time.

There is another professional option out there, which many Canadians are unaware of it, even though it’s quite popular in other countries — a mobile used-car inspection service.

“Canada is practically the only country that doesn’t have (many) companies providing these services,” says Efi Bershadsky, co-



founder of SmartAutoCheck.com. The company is in the process of building its Canadian wide network of used vehicle inspection services. Currently they can service customers in Southern Ontario, Calgary and Edmonton.

Bershadsky’s business partner got the inspiration to start the company, soon

after he immigrated to Canada from Israel. His first used vehicle purchase in Canada turned out to be a horrible one. He then noticed that mobile inspection services weren’t as common here, as they were back in Israel.

You can order a SmartAutoCheck inspection over the Internet (\$129 and up,

depending on distance). A licensed inspector or licensed mechanic will then contact the seller and arrange a time to have the vehicle inspected at the seller’s location. SmartAutoCheck will then go and inspect that car, and complete a report within 24 hours.

They check engine con-

dition by compression test, by combustion leak test, and by using an OBD2 (On Board Diagnostic) device to check for fault codes stored on the engine’s computer.

They check body condition by looking for rust, and evidence of collision repair (extra paint, welding, etc.). Extra paint is detected by a paint gauge tool, which is actually a micrometer, which measures paint thickness.

They check for leaks by jacking the car up, and inspecting the appropriate bits.

I don’t know why you wouldn’t get any vehicle checked over professionally before you buy it. If the car is clear, you get piece of mind. If it’s not, you just escaped a potential nightmare. If the inspection uncovers a few issues, you have bargaining power and can easily negotiate a lower selling price, to recoup the cost of the inspection, and maybe more.

Designing the best seat in the house

► Creating car seats is no easy task



JILL MCINTOSH
DRIVE@METRONEWS.CA

When it comes to vehicle seats, the best ones are

those that you seldom think about. They’re so supportive and comfortable that you don’t realize how long you’ve been sit-

ting in them. They provide good position for visibility, and if they fold, they’re easy to operate.

What isn’t easy is making such a seat, and automakers spend a great deal of time and effort designing them.

“It’s difficult to make a comfortable seat,” says Eva Greiner, project leader development compact class for Mercedes-Benz in Germany.

“You need to have the cushions not too soft so you sit like on a sofa, but soft enough that it doesn’t hurt or push in a certain area, and gives you lateral guidance so you don’t move in curves. It’s supposed to be pretty, and have additional functionality so you can adjust the seat.”

Each vehicle has different dimensions, which affect the seats.

“I have to fit the seat to the car, not the car to the seat,” Greiner says. To this end, the team writes a specification book — known as lastenheft to the German team — which outlines the parameters of the project, including how the company will market the car and what it will cost. The process takes nine months.

Several factors must be considered, including the



height of the floor and roof, the position of the airbags, how easy it is to get in and out, and the angle of the leg between the hip and heel when sitting. The type of car defines the position as well.

“When you get into a sports car you want a feeling that you’re crawling in, but with a family car you want to get in quickly,” Greiner says.

Different body sizes must also be taken into ac-

count, and Mercedes-Benz uses a formula that accounts for between five and 95 per cent of most people.

“We don’t meet the smallest and the largest when we design a car,” Greiner says.

“It doesn’t necessarily mean they cannot sit in the car, but it’s not in our data. It’s a wide range. Some manufacturers only do 10 to 90 per cent.”

Once the engineers have

defined the seat’s width, height and dimensions, it goes to the styling department for upholstery, but it isn’t finished yet.

It will go back and forth between the departments numerous times until everyone is satisfied.

“It takes a lot of people to sit in the seat,” Greiner says.

“You can make an 80 per cent guess, but you always need to have feedback from real people.”

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2003 to 2010 Porsche Cayenne



Engine

Depending on the model in question, Cayenne was available with anything from a 3.2-litre, 247-horsepower V-6 to a 550-horsepower, twin-turbocharged V-8 engine.

What owners like

Owners typically rave about a blend off-road capability and on-road comfort backed by plenty of performance. Brakes, handling and power output were highly rated on virtually all models, too. Spaciousness, flexibility, interior quality and all-weather confidence round out the equation.



What owners dislike

Typical complaints centre around gas mileage, which is typical of virtually any SUV model. Others include a smaller-than-expected back seat, expensive options, controversial styling and limited rearward visibility.



Common issues

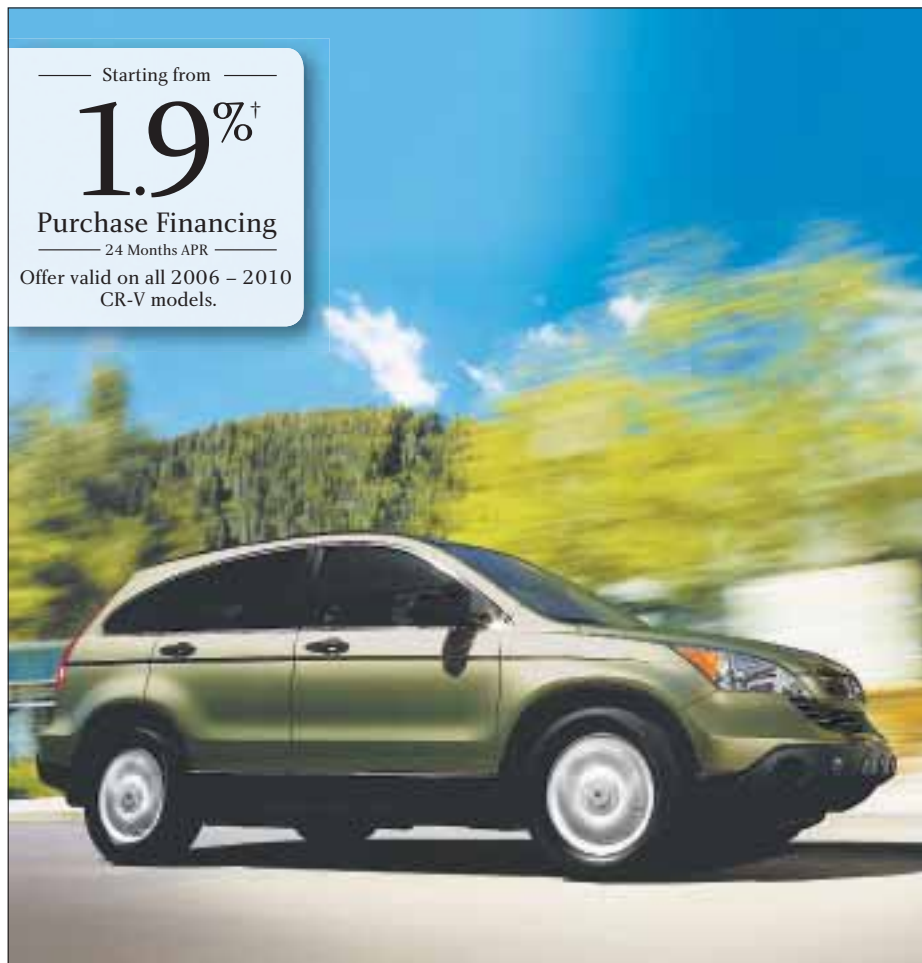
Start your test-drive with an exhaustive check of every component and accessory that runs on electricity. Pay extra close attention to the stereo, power seats, navigation system, instrument cluster and all lights.

Poor, lumpy or hesitant acceleration on any model could be caused by faulty ignition coil packs, and the engine compartment and underside should be checked for signs of a fairly common coolant leak.

Verdict

Low maintenance and purchase costs aren't the key draws to the Porsche Cayenne. Shop carefully, protect yourself with extended warranty coverage where available — then patiently search out the model that's perfect for your needs.

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[†]Limited time Purchase Financing offer on Honda Certified Used CR-V models available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda models (2006-2010 model years). Finance example based on 2006 CR-V models: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.12 for a total obligation of \$10,199.12. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Additional financing offers available on 36, 48, 60 and 72 months. Offer expires December 31, 2011.

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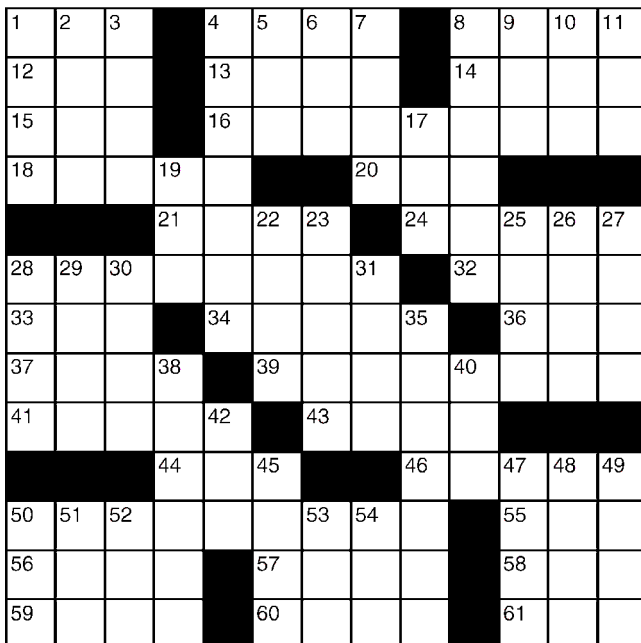
Crossword

Across

- 1 1980s TV alien
4 Vegan's no-no
8 Kane's Rosebud, e.g.
12 Singer David Allan
13 Therefore
14 Head light?
15 — for tat
16 Disadvantages
18 Big glitch
20 Zero
21 "Handsome — handsome does"
24 Wanderer
28 Reductions
32 Marceau's specialty
33 Individual
34 Farm refrain?
36 Junior
37 Western state
39 Reversals
41 On top of the world?
43 Ballet frill
44 Court
46 Emperor's proclamation
50 Rebates of a sort
55 Triumphed
56 Actress Falco
57 Gratis
58 Informal Valentine word
59 Bleak, as literature
60 Fly high
61 Agent

Down

- 1 Gospels follower
2 Pork cut
3 Greek cheese
4 Jellyfish
5 Blunder



- 6 — Khan
7 Burg
8 Mideastern greeting
9 Fond du —, WI
10 Wapiti
11 Two, in Tijuana
17 Crib
19 White lie
22 Galatea's love
23 Form of trapshoot-
ing
25 Uncategorized
(Abbr.)
26 Out of control
27 Lairs
28 Masterstroke

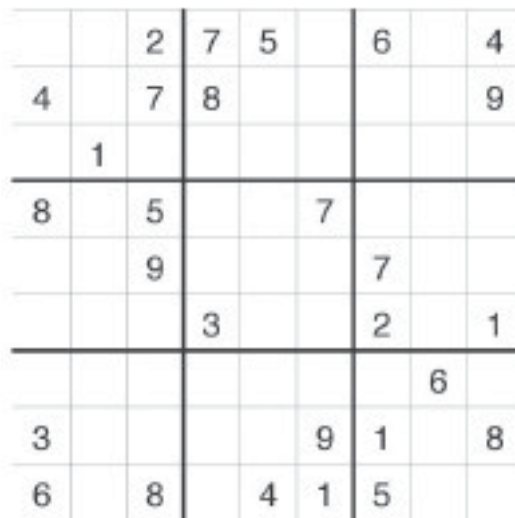
- 29 "Do — others..."
30 Blue hue
31 In — (as found)
35 Less quick-witted
38 Merchant
40 Diving bird
42 Steal from
45 Lummoxes
47 Piercing tools
48 First course, often
49 Green-eyed mon-
ster
50 Barbie's companion
51 Bachelor's last ut-
terance
52 XVII sextu-

- pled
53 — -Magnon
54 One of the Maunas

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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Susan, I love you with all my heart and soul. You mean so much to me. Lots of hugs and a kiss. PAUL

BabyDoll, Its been almost 3 months and I still miss you with all of my heart. I go to bed, and wake up with you on my mind. Hope you are thinking of me too. You will always be with me, wherever I go. Still remembering those awesome times. Sauble Beach, our last trip... I will always love you! AL

Jason Stevenson, Nothing hurts more than realizing he meant everything to you, but you meant nothing to him. Or maybe I've been thinking about how to say goodbye to you all week. I'm so confused. I want to let go of all this pain, but I'm afraid I'll go insane. I want to let go...I'm going to let go, but if I wait and see, will he come back to me? YOUR SECRET GIRL!!!

Today's horoscope

♈ Aries March 21-April 20

Today's new moon will force you to face a situation you've been trying to ignore. It's important you do.

♉ Taurus April 21-May 21 Even if you are the kind of Taurus who rarely gets emotional, you must let it all out. Scream if you have to.

♊ Gemini May 22-June 21 If you want to enjoy a healthier lifestyle, now is the time to start.

♋ Cancer June 22-July 22 The new moon falls in the most creative area of your chart, making this one of the best days of the year for getting things done.

♌ Leo July 23-Aug. 23

You can be rather sensitive, but as of today you will feel more positive about what kind of person you are.

♍ Virgo Aug. 24-Sept. 22 You will have no difficulty today letting others know what you think and how you feel. But don't go too far.

♎ Libra Sept. 23-Oct. 23 Today's new moon indicates that recent efforts and sacrifices have not been in vain. There's much to gain.

♏ Scorpio Oct. 24-Nov. 22 With the new moon in your sign, if you focus energy in one direction you'll achieve something remarkable.

♐ Sagittarius Nov. 23-Dec. 21

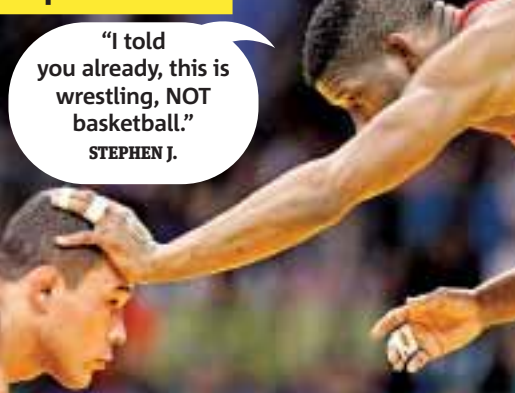
You need to overcome a fear that has been holding you back.

♑ Capricorn Dec. 22-Jan. 20 Someone you meet will become a good friend and a colleague on a project close to your heart.

♒ Aquarius Jan. 21-Feb. 18 Today's new moon indicates that if you have a plan and make a serious effort to follow it, there's nothing you can't accomplish.

♓ Pisces Feb. 19-March 20. The new moon in Scorpio will endow you with confidence and no end of good cheer. SALLY BROMPTON

Caption contest



"I told you already, this is wrestling, NOT basketball."
STEPHEN J.



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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